



Greetings from the Mayor



Mark H. Luttrell, Jr.

As the temperatures rise and we spend more time outdoors, please remember to exercise precautions and be safe as you enjoy the many activities Shelby County has to offer. Shelby Farms has many great outdoors attractions like *The Greenline*, a 6.5 mile urban trail that connects Midtown (Binghampton) to the Shelby Farms Park; and the *Woodland Discovery Playground*, an innovative new play landscape with sustainable designs.

Each month, it gives me great pleasure to see the promotions and anniversaries of Shelby County employees. It exhibits the progress and commitment you continue to demonstrate. You are our most valuable asset when it comes to serving the citizens of Shelby County.

You will notice that the newsletter features more health and lifestyle articles as well as guidance on professional development and training, i.e., office and email etiquette. This edition includes tips on exercise and "greening up" your home and physical workouts.

I also want to encourage each of you to participate in the many community outreach events offered through the Shelby County Government. The Shelby County Health Department's TENNderCARE Outreach Program, the Convoy of Hope, Samritan's Feet, and many neighborhood cleanups are just a few events featured in this issue.

As the summer winds down, remember to stay healthy and be safe!

Sincerely,

Mayor Luttrell on the Move...

- 06/02/12 Kick Off Northaven Cleanup
- 06/08/12 Presentation from Carnival Memphis
- 06/08/12 Remarks - Translational Science Research Bldg Ceremony
- 06/08/12 Remarks - Memphis Area Chamber of Commerce
- 06/08/12 Interview - FM 98.9
- 06/09/12 Keynote Speaker - Annual Title 1 Parent Summit
- 06/10/12 Remarks - Israel Festival
- 06/13/12 Remarks - Toastmasters
- 06/17/12 Remarks - Families Matter - "Father of the Year"
- 06/18/12 Remarks - Stand
- 06/19/12 Remarks - Emerge Memphis, "Launch Your City"
- 06/20/12 Remarks - MCS Innovative Leadership Conference
- 06/21/12 Interview - WLOK
- 06/21/12 Tour - Electrolux
- 06/22/12 Keynote Speaker - Concorde College
- 06/23/12 Remarks - Annual Street Ministries event
- 06/24/12 Remarks - Wooddale High School/AAU Boys Basketball National Championship
- 06/25/12 Remarks - Harahan Bridge Dedication
- 06/26/12 Interview - WXXM/ Drake & Zeke
- 06/27/12 Community Breakfast for Leaders
- 06/28/12 Remarks - Shelby Group International
- 06/28/12 Proclamation Presentation - Jack Huffman
- 06/28/12 Remarks - Levitt Shell
- 06/28/12 Remarks - Former S.C. Mayor Jim Rout's 70th Birthday
- 06/30/12 Remarks - Convoy of Hope

Mayor's Initiatives and Community-Interest:

- ⇒ Citizen's University—11-week course that gives citizens an opportunity to see how Shelby County government works.
- ⇒ Young Professionals' Council—a group of young professionals who are leaders in their perspective business sectors—engineers, attorneys, educators, business managers, and entrepreneurs—appointed by them mayor to share information to identify assets to recruit, retain, and develop young professionals of Shelby County.
- ⇒ Mayor's Action Center—central bureau for information and citizens' concerns.
- ⇒ Healthy Shelby—focuses on better health, better care, and lower costs as strategies for economic vitality.
- ⇒ EDGE—Economic Development and Growth Engine: a joint venture between the City of Memphis and Shelby County designed to create jobs and to improve the local economy.
- ⇒ Unified School System—merging the Memphis and Shelby County school districts.
- ⇒ Efficient Government—budget discipline, better jobs, smarter growth, and better health services.
- ⇒ Family Life Series—delivering Shelby County services to neighborhoods through faith-based strategies.
- ⇒ Meet The Mayor—time set aside each month to meet with citizens individually.

These are just a few of the community-interest initiatives Mayor Luttrell is committed to.





Departmental News

Photo Gallery *Events and Recognitions*



Mayor Luttrell gave opening remarks at the tour of the new Electrolux building as it progresses.



Mayor Luttrell welcomed the Queen and King of Memphis Carnival.



Volunteers washed students' feet and distributed shoes and socks.

Shelby County Health Department *Public Health Leadership*



Alicia Small, Public Health Coordinator at the Shelby County Health Department, was named Regional Chair of the Memphis Region Tennessee Cancer Coalition. The Tennessee Cancer Coalition (TC2) is a statewide coalition comprised of local organizations whose mission is to reduce the burden of cancer on Tennesseans.

The mission is accomplished through community outreach and prevention education on the part of five active committees of the TC2; the Tobacco Cessation, Colorectal, Women's Cancer, Disparities and Prostate committees.

The TC2 has partnered with the Shelby County Health Department for several events such as the Great American Smokeout, Kick Butts Day and breast cancer awareness events. Co-chairing the Memphis region TC2 is Brenda Kyles, Manager of the Breast and Cervical Cancer Screening Program. Together, the two plan to provide support and leadership to ensure that the mission and goals of the coalition are accomplished. To learn more about the coalition or to become a member, please visit www.tncancercoalition.org or call (901) 218-0782.

Shelby County Health Department

Getting a Full Body Workout

Physical activity is very important. There are different forms of training that is beneficial for your health. Sometimes people want to focus only on weight lifting or yoga, but strength training, flexibility training and cardiovascular training are all needed for a full body workout. The #1 reason to **strength train** is to maintain/gain muscle mass. The average American loses about 5-7 pounds of muscle every 10 years. **"Dieting" contributes to muscle loss.** A low-calorie diet will place the body in a state of calorie deprivation and cause weight loss. Unfortunately, 25% of the weight loss comes from reduced muscle in the body. **The only way to replace lost muscle mass is by strength training!!!**

The primary reason to train your cardiovascular system is to decrease the risk of developing cardiovascular disease or having a heart attack. By regularly overloading the heart, it will become stronger. This results in pumping more blood and delivering more oxygen to the body per heartbeat and a lower resting heart rate. If you have high blood pressure, high cholesterol or are a smoker, you can reduce your risk of a heart attack by being in a state of high fitness. By performing CV activity, you will burn a higher amount of calories, both sugar and fat as energy. Stored fat is used to fuel the body during your workout. Therefore, burning stored fat will aid in a lower body-fat level and prevent obesity.

Stretching makes the muscles, ligaments, and tendons more flexible and elastic-like. It also helps to increase the range of motion. Each muscle group must be stretched separately to increase the flexibility of that group. Maintaining flexibility in the lower back and hamstrings reduces the risk of lower back pain.

When you stretch, you should hold the position for about 30 seconds, which allows the body to relax and you can increase the stretch. An optimal time to stretch is after a light warm-up and at the end of a workout during the cool-down period.

No Changes in Lifestyle = NO BENEFITS



Department News



Northaven Elementary School Principal Louis Padgett gave instructions before a community cleanup in the Northaven community.



The SCFD Explorers posed with NFL pros, DeAngelo Williams and Steve Smith at the Samaritan Feet event.



Mayor Luttrell posed with Memphis Carnival officials.

Going Green

Greening Up

<http://www.earthshare.org/green-tips.html/#evergreen>

Summertime is a good time to jump start a "green" campaign around your house and on your job. Here are some tips to start:

1. **Composting**—This is a way of recycling garden waste and weeds. Purchase or build a compost bin in whichever size you want to use with ventilation or air holes. Make sure there is a good mixture of live (green) materials and dead (brown) materials. *Compost:* grass/plant clippings; weeds (dead, brown, but not weeds with seeds); leaves; kitchen wastes (peels, teabags, coffee grounds and filters); and woodchips/sawdust. *Do not compost:* pet wastes; meat or bones; chemically treated wood; and pernicious weeds, such as ivy.
2. **Go Organic!** - "Organic" refers to an earth friendly way of farming and processing foods using no synthetic chemicals to control bugs or weeds. Organic farming usually involves farming methods that help conserve soil and protect water supplies. Milk and dairy products from cows that are not treated with hormones and antibiotics and are given organic feed are considered organic.
3. **Green Your Workout**—It's that special time (the start of the new year) when so many of us vow to get in shape and commit to a workout routine. But did you know that your daily workout is another lifestyle area where you can make earth-friendly changes? There are countless eco-savvy ways to get in your daily dose of physical fitness. Here are some of our favorite tips for energizing your exercise with a green boost:
 - **Take it outside whenever you can.** Instead of increasing your energy consumption via home and gym exercise machines, take advantage of hiking and biking trails in your area.
 - **Inspire a green makeover at your health club or gym.** Make sure your club offers recycling bins and energy efficient machines, and remind the staff to ask patrons to limit their towel usage.
 - **Car pool to your local gym with a friend or neighbor.** No one to car pool with? Your bike is another great way to get where you're going and warm up for your workout at the same time.
 - **Looking for some new workout clothing or gear?** Organic cotton and bamboo threads are a

(Continued on page 5)



Department News

Shelby County Promotions Spotlight

The following Shelby County employees were promoted during the month of June 2012.

<u>Name</u>	<u>Department</u>	<u>Position</u>
Benson, Ronald	Fire Department	Instructor – Fire Training
Carter, Terrence	Assessor	Associate Appraiser
Hall, Jennifer	Chancery Court Clerk	Deputy Court Clerk
Jackson Sr, Eric	Fire Department	Instructor – Fire Training
Royko, Mary	Assessor	Appraiser
Sharp, Alvin	Corrections	Welder
Smith, Jantwnette	Pretrial Services	Counselor B



TN Achieves
Changing Lives, Transforming Communities

Going Green Summer Tips Continued

(Continued from page 4) **Going Green**

- great place to start for sweat-friendly green fabrics. For eco-conscious equipment choices, check the web or a local sporting goods shop for great deals on secondhand bikes and weights.
- Just say no to one-time use plastic water bottles.** It's time to commit to using refillable water bottles for workouts and everyday hydration.
- Get creative with your workout routine.** Try knocking out some house or yard work by attacking the job with gusto! Shoveling snow, raking leaves, vacuuming and dusting can be great activities for burning off a greasy business lunch or the sins of the holiday season.
- Recycle your cross-trainers.** Give your old shoes new life with [Nike's Reuse-A-Shoe program](#). Worn out shoes are used to build new tracks, basketball and tennis courts. New life for old shoes!
- 4. Cut Home Water Waste**—The world's dwindling water resources are being used by a growing population with increasing demands. Believe it or not, most of the US is expected to face water shortages in the coming years; [26 states were declared natural disaster areas](#) by the USDA in July 2012 due to drought conditions.

Here are some simple, inexpensive ways to cut back on water use at home:

- Use less water:** Start by taking shorter showers, filling up the dishwasher and laundry machines before you run them,

and turning off the faucet while brushing your teeth.

- **Check for leaks:** look at faucets and pipes to make sure water isn't escaping.
- **Choose smart appliances:** water-saving shower heads, low-flow toilets, and faucet aerators can lower your water bill.
- **Go meatless:** By reducing meat in your diet, you can drastically cut down on not only water use but greenhouse gas emissions as well.
- **Plant drought-resistant vegetation:** Consider [xeriscaping](#) -- landscaping and gardening in ways that reduce or eliminate the need for supplemental water from irrigation. For houseplants, try using water leftover from cooking instead of running the faucet again.
- **Go renewable:** Renewable sources like solar and wind use significantly less water than coal and nuclear.
- **Fill up a water bottle:** Fill up a refillable water container to decrease the energy used in producing, transporting, and disposing plastic bottles.
- 4. Avoid buying new "water-intensive" products:** cotton, electronics and paper all require a lot of water in their production. Try buying used clothing and recycled paper whenever possible and resist the urge to get the latest gadget every year if your existing device is in working order.

TnAchieves is a last dollar scholarship and mentoring program designed to provide an opportunity for Tennessee public high school graduates to receive up to \$3,000 annually for community college tuition. Locally, Memphis/Shelby Achieves is a joint program sponsored by the offices of Shelby County Mayor Mark Luttrell, Jr. and Memphis City Mayor A C Wharton, Jr.

- **Who can become a tnAchieves mentor?** Any individual who wants to invest 10-15 hours annually assisting five high school seniors with post-secondary success. Must be 21 years or older and subject to a background check
- **Unique components of tnAchieves:** Local funders donate to provide a college education for students who would otherwise lack the opportunity. Volunteers serve as mentors to students to eliminate barriers associated with college access and success. tnAchieves Scholars "give back" eight hours of community service per semester they receive the scholarship.

For more information, visit www.tnachieves.org or contact Kaci Murley at 901.258.2177 or ka-ci@tnachieves.org.



Department News

Shelby County Employees

Convoy of Hope

Many Shelby County Employees participated in the *Convoy of Hope* event. *Convoy of Hope* is a nonprofit organization that warehouses food and supplies in Missouri, and then distributes them across the nation and the world. Almost 10 years to the date, they stopped in Memphis again. This time with more partners and more volunteers. They are a system of outreaches that bring local churches, businesses, and organization together to honor, help, and give hope to those in need.

This year more than 5,000 residents showed up for groceries, free haircuts, job fair that provided placements on site, BBQ lunch, Kids Zone, family portraits, health screenings, live entertainment, and community services.

Many elected officials greeted the citizens and visited the tents where they were receiving services. Some in attendance were Shelby County Mayor Mark Luttrell, Jr., District Attorney Amy Weirich, City Councilman Harold Collins, and Representative Steve Cohen.

The Mid-South Fairgrounds served as the location for the many free services and fellowship.



SC Health Department/Public Safety *KUDOS to the SCHD TENNderCare Outreach Team!*



The TENNderCare Outreach Program at the Shelby County Health Department conducts outreach activities to educate and encourage families of TennCare-eligible children to seek Early and Periodic Screening, Diagnosis and Treatment (EPSDT). EPSDT focuses on preventive health for children. The role of the TENNderCare Program is to raise awareness to TennCare enrollees of the specific services/benefits available to children and youth through TennCare coverage. (TennCare is Tennessee's Medicaid health insurance plan) Outreach efforts include:

- Community-based activities and events in churches, community centers, social service agencies, etc.
- Monthly Home Visiting Program to a list of clients delinquent on EPSDT screenings
- Individual outreach strategies to families of children who have been screened by a dental provider as patients with Priority 1 dental needs
- School-based approaches
- Media campaigns
- Special health observances such as Child Health Week, Dental Health Week, etc.

Lead by a Program Supervisor, the TENNderCare Outreach Program is divided into (8) teams. Each team consists of a Coordinator and (4) part-time Community Health Workers who are assigned to target specific geographical areas throughout Shelby County. The program is also supported by a Clerical Specialist.

The results of the outreach efforts are recorded into a data system that tracks program outcomes and performance. On a weekly basis, each of the 13 regions across the state, submit this data to the Tennessee Department of Health. The system generates an Error Report which detects any discrepancies or incorrect information.

Since December 2011, for 14 weeks, the Shelby County TENNderCare Program has had no errors! This is a major accomplishment on behalf of ALL of the staff because of the sheer volume of clients served and entries made on behalf of Shelby County. On average, Shelby County makes 175 entries per week, which is by far more than any of the other (12) regions across the state.

**Department News****Human Resources Benefits—*Summer Vacation* From CIGNA Insurance**

As your employees get ready to take a vacation this summer, make sure they take healthy eating habits along with them. Unhealthy eating can lead to much bigger health problems, like diabetes and heart disease.

Use these two resources to give your workforce tips about eating healthy while away from home:



[Newsletter](#) – Print and distribute this newsletter filled with information on how to eat healthy, whether on a road trip or a longer getaway.
[Spanish version](#)



[Ecard](#) – Send employees this informative ecard with smart ways to eat well on vacation, as well as a tangy seasonal salad recipe.
[Spanish version](#)

The registered service mark “Cigna” and the “Tree of Life” logo are owned by Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by and through such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, Cigna Health Management, Inc. and Cigna Behavioral Health, Inc. All models are used for illustrative purposes only.

848086 08/12 © 2012 Cigna. Some content provided under license.

**About Shelby County**

Shelby County was established in 1819. It is the state's largest county both in terms of population and geographic area. Its county seat is Memphis. It is part of the Memphis Metropolitan Statistical Area, which comprises eight counties in the three states of Tennessee, Mississippi, and Arkansas. Shelby County was named for Governor Isaac Shelby (1750-1826) of Kentucky.

Shelby County is governed by a mayor-commissioner form of government under a Home Rule Charter that went into effect on September 1, 1986. Each serves a 4-year term. Together, the administration and the Board of County Commissioners are responsible for governing the most populous of Tennessee's 95 counties. The county's personnel staff of approximately 6,270 people have the direct duty of providing services for 910,100 citizens according to the 2007 estimated census data.

Mark H. Luttrell, Jr., was elected as Shelby County Mayor on August 5, 2010.

Anniversaries**JUNE 2012
ANNIVERSARIES****40 Years of Service**

Atwater, Dennis E, Firefighter Driver
Newsom, David C, Admin Asst

35 Years of Service

Atwater, Dennis E, Firefighter Driver
Newsom, David C, Admin Asst

30 Years of Service

Atwater, Dennis E, Firefighter Driver
Newsom, David C, Admin Asst

25 Years of Service

Alberson, Michael J, Codes Enf Elec Insp
Alsobrooks Jr, Charlie, Custodial Wkr
Brittenum Jr, Dedrick, Attorney P/T Sal
Cobb, Shellie L, Collections Counselor
Dunavin, Nina J, Sheriff Ptl Officer
Jones, Djuna S, Deputy Court Clk
Joyce, Elaine, Medical Assistant
Lanos, John O, Foreman A
Sims, Barry E, Health Inspector C
Watkins, Carolyn, Administrator
Wright Sr, Steve, Painter li

Retirees**JUNE 2012 RETIREES****Employee, (Yrs of Svc) & Department**

Katherine A. Belote (13),
Register Office
Cynthia Buchanan (15), OPD
Doris H. Burress (12), Circuit Court
David L. Chattman (22),
Sheriff's Office
Patty L. Destefanis (26),
Sheriff's Office
Ileana M. Feltman (33), The Med
Mary C. Ferraris (20), Juvenile Court
John Lewis Hardy (28),
Code Enforcement
Mark E. King (26), Sheriff's Office
John O. Lanos (25),
Correction Center
Anthony R. Lathan (33), The Med
Leslie A. Morris (27), Support Services
Janice Mullins (8), Correction Center
Thomas B. Schachner (23),
Health Services
Jacqueline D. Smith (27),
Sheriff's Office
Brenda L. Speight (30),
Health Services
Jeannette G. Stanback (28),
Public Defender
Albert Veglio (25), Sheriff's Office

Condolences**JUNE 2012 CONDOLENCES**

*Below is a list of employees who lost a loved one this month.
Please keep them and their families in your prayers.*

<u>Employee</u>	<u>Department</u>	<u>Relative</u>	<u>Relations</u>
Susan Gylfe	Juvenile Court	Harley Edgar Gylfe	Father
Carolyn Sfakianos	Road, Bridges & Eng.	Kenneth A. Sfakianos	Son
Mary Ann Henderson	Health Department	Clarence Liggonis, Sr.	Brother
Katha Robards	Juvenile Court	Lewis Robards	Husband
Melissa Baines	Mayor's Office	Lizzie Gray	Mother
Carla Bell	Assessor's Office	Joseph Bell	Niece
Felicia (Lisa) Walton	Assessor's Office	Sadie Lee Walton	Mother
Linda Johnson	Health Department	Eddie Haley, Sr.	Father-In-Law
Eddie Haley, Jr.	Election Commission	Eddie Haley, Sr.	Father
Tamara Cruther	Health Department	Eddie Haley, Sr.	Granddaughter
Linda K. Lawrence	Regional Services	William C. Brown, Jr.	Daughter-In-Law

**Shelby County Government
Mayor's Office**

160 North Main Street
Memphis, Tennessee 38103
Phone: 901-222-2000
Fax: 901-222-2005

E-mail: Newsletter@shelbycountyttn.gov
Please submit stories, comments, and questions
Published by the Public Affairs Office:
Steve Shular 901-222-2047
Phyllis Fickling 901-222-2018
Jennafer Stonecipher (Assoc. Editor) 901-222-2013
Mattie James (Assoc. Editor) 901-222-2000
Pat Herndon (Graphic Design) 901-222-2447
Pete McCarty (Photography) (901) 222-2447

WE ARE ON THE WEB!
WWW.SHELBYCOUNTYTN.GOV